



## About Healthy Families America

Healthy Families America (HFA) is an evidence-based, nationally recognized home visiting program model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. It is the primary home visiting model best equipped to work with families who may have histories of trauma, intimate partner violence, mental health and/or substance abuse issues. HFA services begin prenatally or right after the birth of a baby and are offered voluntarily, intensively and over the long-term (3 to 5 years after the birth of the baby).

The HFA model, launched in 1992 by Prevent Child Abuse America, is based upon 12 Critical Elements derived from more than 30 years of research to ensure programs are effective in working with families. These Critical Elements are operationalized through a series of best practice standards that provide a solid structure for quality yet offer programs the flexibility to design services specifically to meet the unique needs of families and communities. Model fidelity is illustrated through a comprehensive accreditation process. Currently there are nearly 400 affiliated HFA program sites in 35 States (including DC) and Canada.

HFA has a strong research base which includes randomized control trials and well designed quasi-experimental research. To date, research and evaluation indicates impressive outcomes. Reviews of more than 15 evaluation studies of HFA programs in 12 states produced the following outcomes:

- Reduced child maltreatment;
- Increased utilization of prenatal care and decreased pre-term, low weight babies;
- Improved parent-child interaction and school readiness;
- Decreased dependency on welfare, or TANF (Temporary Assistance to Needy Families) and other social services;
- Increased access to primary care medical services; and
- Increased immunization rates.

**Our Vision:** All children receive nurturing care from their family essential to leading a healthy and productive life.

**Our Mission:** To promote child well-being and prevent the abuse and neglect of our nation's children through home visiting services.

### **HFA Program Goals:**

- Build and sustain community partnerships to systematically engage overburdened families in home visiting services prenatally or at birth.
- Cultivate and strengthen nurturing parent-child relationships.
- Promote healthy childhood growth and development.
- Enhance family functioning by reducing risk and building protective factors.